

## **2010 Touch Football League Rulebook**

### **Purpose –**

- The Raleigh Youth Touch Football Program is to provide the opportunity to inspire youth to practice ideals of fitness, citizenship, and character using the discipline of organized football. We will strive to teach spirit, and the competitive will to win, and the values of team play and sportsmanship. We will also impart to the game elements of safety and intelligent supervision, with keeping the welfare of the youth first and foremost at all times.
- The main emphasis of this league is to teach the fundamentals of football in a non competitive and fun manner. No score or standings will be kept.

### **Registration –**

- City of Raleigh athletic registration form must be filled out and submitted with payment to any City of Raleigh Community Center.
- Each team may have a maximum of 15 players on the official team roster.
- Lake Lynn Community Center will provide a roster of eligible players to each coach.
- Any player wishing to be added after the registration period will have to sign up at Lake Lynn Community Center and be placed on a waiting list until a spot opens up.

### **Organization –**

- Lake Lynn Community Center will serve as league administrator and be responsible for scheduling and rule enforcement.
- Important Phone Numbers –
  - Lake Lynn Community Center - 870-2911
  - Leisure Line - 831-6575

### **Division of Play –**

- Touch Football is available to 5 and 6 year olds based on their age on July 31<sup>st</sup>, 2010.
- Team sizes will be based on the number of players registered. The ideal team size should be 10 players.

### **Facility / Field –**

- Games and practices will be held at Williams Park.

### **Practices –**

- Will be assigned by Lake Lynn Community Center Staff.
- Practice sessions will be limited to 1 hour.

### **Game Rules –**

- Rule 1 - Players
  - A game is played between two teams consisting of eight (8) players.
  - Mandatory play rule: All players must play a minimum of ten (10) plays.
- Rule 2 – Playing Field
  - The field will be 50 yards long by 25 yards wide. The end zone will be 5 yards deep. The field will be lined and the goal line marked with cones. Cones will mark the field in 5 yard increments as well as one at midfield.

- Rule 3 – Equipment
  - The ball will be provided by Lake Lynn and will be a Champion Sports Foam Football.
  - Jerseys will be provided and may not be altered in any way. (Jerseys are to be tucked in at all times.)
  - Sneakers or shoes with non-detachable rubber cleats are acceptable
  - Mouthpiece
  - No wrist watches, medallions, bracelets, rings, belt buckles, or jewelry of any kind shall be worn during practice or games.
  - Only eye glasses with non-breakable lens and frames shall be worn.
- Rule 4 – Time
  - There will be two (2) twenty (20) minute halves of running time.
  - Half time will be five (5) minutes.
  - NO timeouts.
- Rule 5 – Kicking
  - There are no kick-offs. The offensive team will start with the ball from their 15 yard line.
  - There are no punts. The coach of the offensive team must inform the referee that he/she wants to punt. A punt is 20 yards. The referee will place the ball at the appropriate spot and the opposing team will take over. If the offence is past midfield then the ball will be placed at the 10 yard line.
  - NO points after touch downs attempts are allowed.
- Rule 6 – Game
  - Offense
    - The offensive team must have five (5) players on the line of scrimmage and three (3) in the backfield.
    - Quarterback must say Down, Set, Hike for a cadence.
    - Only players in the backfield are eligible for catching a pass.
    - Let's teach blocking! Blockers must use their forearms and may only make contact with the upper body of the defensive player, but not above the neck. The blocker must stay on their feet at all times, no diving or cut blocks. You cannot push someone over; the point of this type of blocking is to just get in someone's way. Anyone lowering their shoulder or leaving their feet will receive an unnecessary roughness penalty.
    - No runner / player in possession of the ball shall use his hands to prevent an opponent from tackling him/her. This includes hand swipe or any other act to prevent opponent from making a tackle. There are no "stiff arms" allowed by any player.
    - A receiver must have two feet in bounds when a catch is made.
    - There are no fumbles. A ball is considered "dead" when it hits the ground (including a fumbled exchange between the center and quarterback). Interceptions will be allowed to be played out.
    - The ball must be snapped to a quarterback by a teammate and the ball must be on the ground when snapped. The quarterback can line up under center or in the shotgun.
  - Defense
    - This is a two-hand-touch, recreational league.
      - A ball carrier will be considered "tackled" when clearly touched by a defender with two hands, simultaneously, anywhere below the neck.
      - Defenders may not take out a ball carrier's legs to "tackle" him.
      - A defensive player can NOT leave their feet to get an offensive player.
      - Players may not grab a player's shirt or pants at anytime to complete a "tackle" including with one hand and then tag him with the other in order to facilitate a "tackle."

- It is not necessary to push, shove, or knock a player over or roughly tag an opposing player. Rough tags are a referee's call. Behavior of this kind will be treated as unnecessary roughness and will be penalized as such.
  - The defensive line must be lined up with the offensive guards and tackles but not on the center. NO SHOOTING THE GAPS OR BLITZING.
  - If a dominant player is wrecking havoc on the other team's offense then move the player off the line or find a better matchup on the line. Use common sense, no one has fun if the other team can't get a play off.
  - The defense must be within ten yards of the line of scrimmage at the snap of the ball.
  - Roughing the passer is defined as while the passer is in the act of throwing a forward pass:
    - Any contact is made with the passer's throwing arm / hand whether the ball is touched or not.
  - There will be no contact (besides incidental contact) by the defensive on the offensive receivers as they run their patterns -- off the line or at any time.
- Possessions
  - The offensive team has four downs to get a first down or score a touchdown. A first down is achieved by advancing the ball ten (10) yards from the line of scrimmage. Once the offensive team advances the ball 10 yards the downs will reset.
- Rule 7 – Officials / Coaches
  - Officials
    - Officials will be provided by league administrator.
    - All penalties are 5 yards, and must be obvious and have a direct impact on the play. Replaying of downs can substituted for the yardage on some penalties. Example: if a player shoots the gap and get the QB, just replay the down.
    - It is the referee's discretion when calling a penalty.
    - Equipment – 3 bean bags to be used, one to mark the ball, one to mark the 1<sup>st</sup> down and one to mark when a tackle is made.
  - Coaches
    - Each team should have a minimum of three (3) coaches. Two (2) coaches are allowed on the field to help place players and start plays. At least one (1) coach must be on the bench to monitor substitutions.
    - All coaches must submit a coach's application and CCBI to Lake Lynn Community Center prior to the start of the season.
    - All coaches must wear sideline identification passes; which will be provided by Lake Lynn Community Center.
- Rule 8 – Penalties
  - No player may rough touch or shove any player (considered Unnecessary Roughness) in the back.
  - Defensive and Offensive pass interference penalties can only be called when the pass is ruled "catchable". Defensive Pass Interference will result in the ball being placed at the spot of infraction plus repeat of down.
  - False Start, Definition: After becoming set, it is a false start (dead ball) penalty if an O-lineman or D-lineman moves across the Line of Scrimmage before the snap.
  - Personal Fouls/ Unnecessary Roughness of any kind, i.e., barreling a player over when blocking, rough tackle / touch, contact with potential receiver (offense or defense), fighting of any kind including throwing of punches whether there is contact or not is a live ball foul. A 10-yard penalty (and possible ejection) will be enforced from line of scrimmage or spot of "rough " touch. If penalty is on defense, a first down will be declared after penalty enforcement. If penalty is on offense the down counts after penalty enforcement.

**Please remember, we are trying to make the rules and the game simple for the kids to enjoy.**